

# McHenry County Healthy Community 2017



Working together for a  
Healthier McHenry County

# P R I O R I T I E S

## Physical Health

- Obesity
- Cardiovascular disease and risk factors
- Cancer
- Diabetes

## Community

- Lack of awareness of existing services
- Public transportation
- Affordable housing

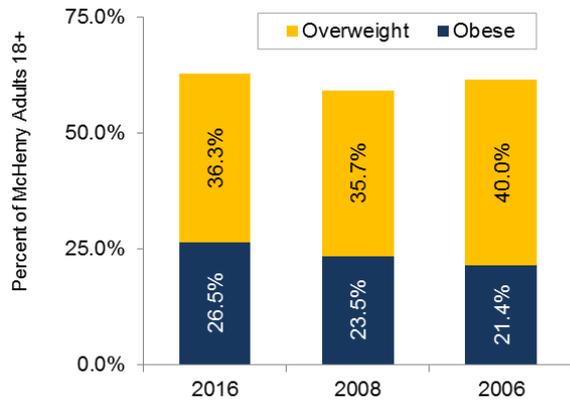
## Mental Health/Substance Abuse

- Mental health and substance abuse service availability
- Alcohol/drug abuse, misuse of prescription medications and opioids
- Depression, anxiety/panic disorders
- Suicide

# Physical Health

# Obesity

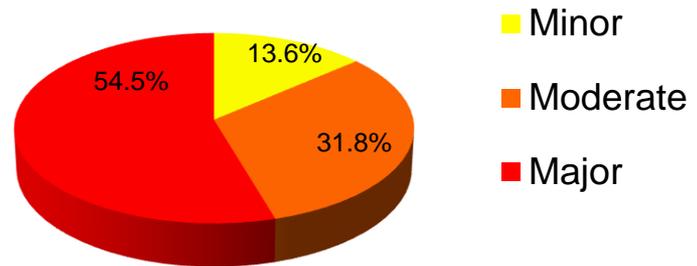
## Community Analysis



Behavioral Risk Factor Survey

## Focus Groups

### Community Leaders' Perception of **Obesity** as Local Health Problem



## Survey

- 15.3% diagnosed as obese or overweight
- 2016 rate surpasses 2014 at 12.9%
- Of 20 health conditions in survey, obesity was 2nd most common

# Cardiovascular Disease and Risk Factors

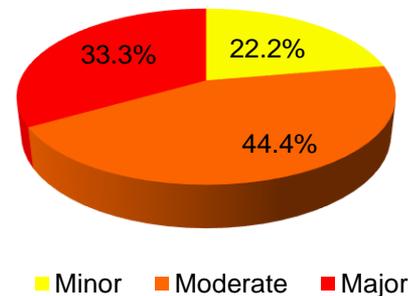
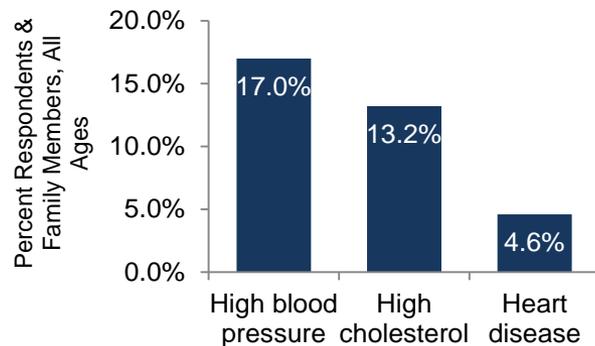
## Community Analysis

- 567 cardiovascular deaths, McHenry County 2015
- Heart disease 2nd leading death cause, stroke 5th
- Heart disease and stroke less common than a decade ago
- Heart disease responsible for 5 of top 25 non-birth-related reasons for hospitalizations, 2016

## Focus Groups

- Lack of continuity of care for chronic conditions because insurance companies have dropped out of state's exchange or physicians limit number of Medicaid patients they will accept
- Community Leaders' Perception of **Heart Disease/Stroke** as Local Health Problem

## Survey

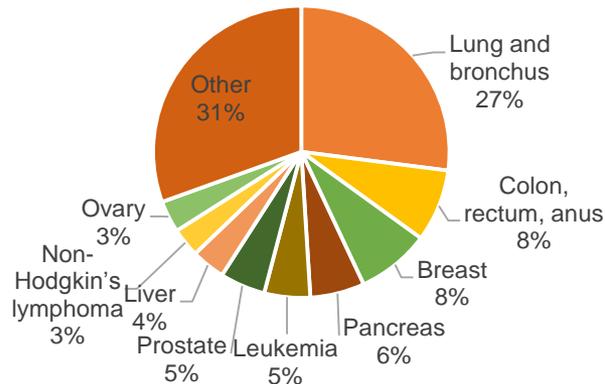


# Cancer

## Community Analysis

- #1 death cause overall (n=494, 2014) and ages 45-64, 65-74; ranks 2<sup>nd</sup> ages 15-44
- Age-adj. cancer death rate 172.0 per 100,000 pop., 5.1% above U.S. (163.6)
- 32% of McHenry County cancer deaths occur to persons under 65.
- McHenry County's cancer death rate has risen 6.6% over past decade
- Cancer incidence rate of 476.6 cancer cases per 100,000 pop. resembles state at 475.0

McHenry County Cancer Deaths by Type: 2012-2014

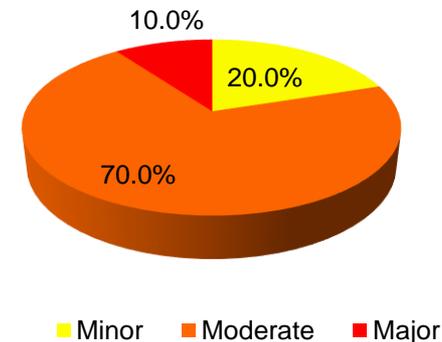


## Survey

- Among 2016 survey respondents and household members, 6.1% have been diagnosed with cancer sometime during their lifetime

## Focus Groups

- Community Leaders' Perception of **Cancer** as Local Health Problem



# Diabetes

## *Community Analysis*

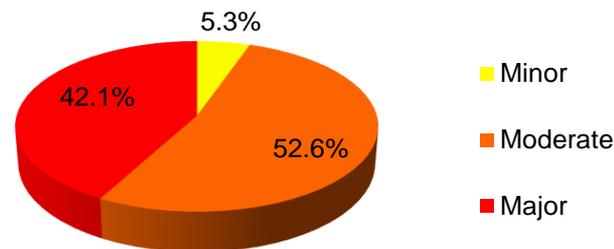
- 6<sup>th</sup> highest death cause. Age-adjusted rate 19.4 per 100,000 pop., similar to Illinois 19.2, below U.S. 21.1 (2012-2014)
- 69 resident deaths due to diabetes in 2014, twice as many as 20 years ago
- 27.3% of diabetes deaths to persons under 65
- 8.3% of McHenry Co. adults are diabetic, above Collar Counties at 7.5%, but below Illinois, 9.9% (BRFS 2014 data)
- Higher diabetes death rate among Hispanics with age-adj. rate at 26.4 per 100,000, exceeding non-Hispanic rate (19.1) by 38.2%
- Hispanic mothers report twice the level of diabetes (7.9%) as non-Hispanics (3.9%), 2014 births

## *Survey*

- Among 2016 survey respondents and household members, **7.3%** diagnosed with diabetes, higher than 2014 at 7.1%

## *Focus Groups*

- Hispanic focus group (McHenry) said that diabetes is common among them
- Community leaders say that diabetes prevalence is high among local Hispanic population
- Community Leaders' Perception of **Diabetes** as Local Health Problem



# Mental Health and Substance Abuse

# Mental health and substance abuse service availability

## *Community Analysis*

- McHenry County resident hospitalizations (non-birth), 2016
  - Psychoses #1 reason (n=2,028). Increase of 7.4% over 2014
  - Alcohol/drug abuse 5<sup>th</sup> (n=529) overall, 2<sup>nd</sup> among ages 18-44
  - Poisoning & toxic effects of drugs 5<sup>th</sup> among ages 18-44 and 8<sup>th</sup> among 5-17
- Based on synthetic estimates of McHenry County adults ages 18+
  - 41,512 (17.9%) suffer from mental illness
  - 9,276 (4.0%) have serious mental illness
  - 7,554 (3.3%) have substance abuse disorder co-occurring with mental illness

# Mental health and substance abuse service availability (con't)

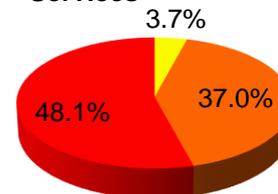
## Survey

- **48.8%** gave fair or poor ratings to availability of mental health services, **37.9%** for substance abuse services
- **8.3%** unable to receive mental health or substance abuse services in past year
- Top reasons for not getting care
  - Appointment wait time too long
  - No regular provider
  - Could not find provider to accept Medicaid

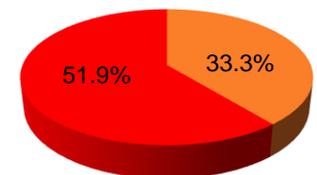
## Focus Groups

- Unmet needs: transition services, psychiatry for Medicaid population, children/adolescent inpatient psychiatric unit, more rehabilitation services
- Community Leaders' Perception as Local Health Problem of

Mental Health Services



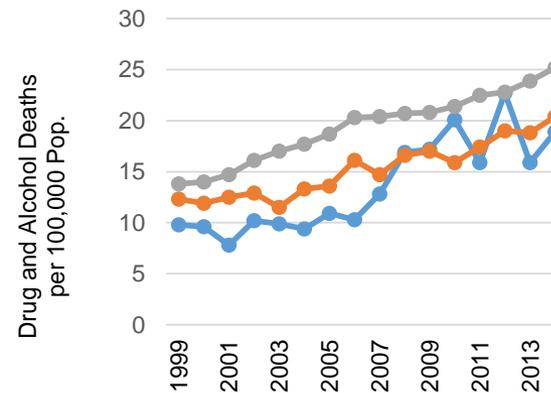
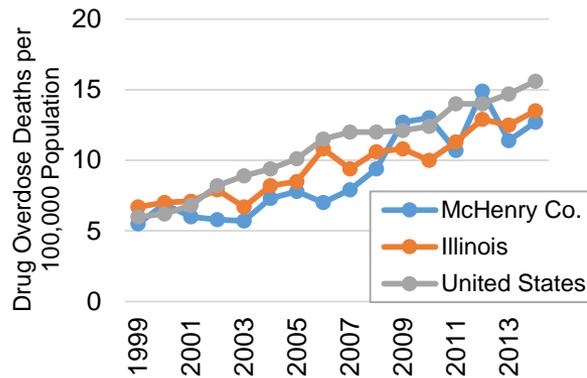
Substance Abuse Services



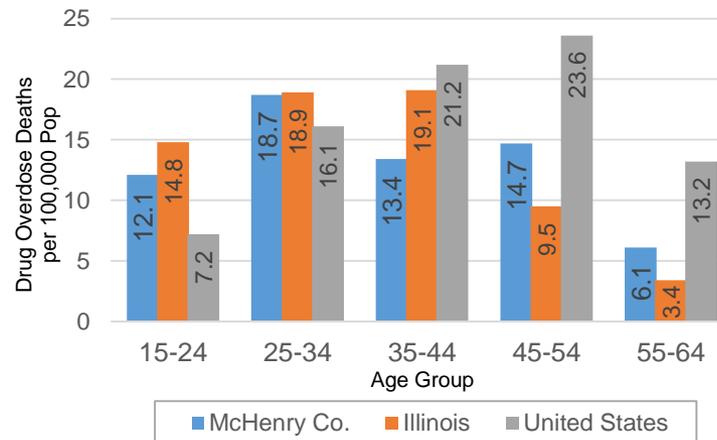
# Alcohol, Drugs and Other Substance Use; Misuse of Prescription Medications/Opioids

## Community Analysis

- McHenry County drug and alcohol-induced deaths has average 59 per year, drug overdose deaths 40. Sharp rise in rates

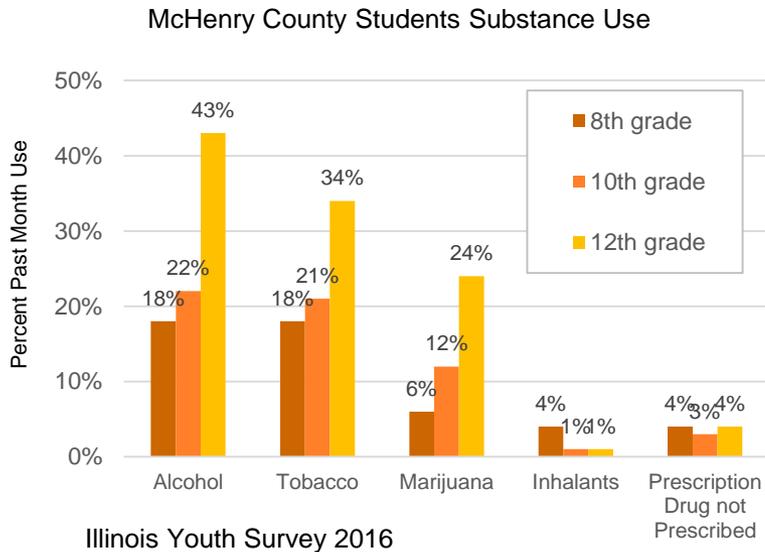


- 15-24 and 25-34 age-specific drug overdose death rates higher than U.S.

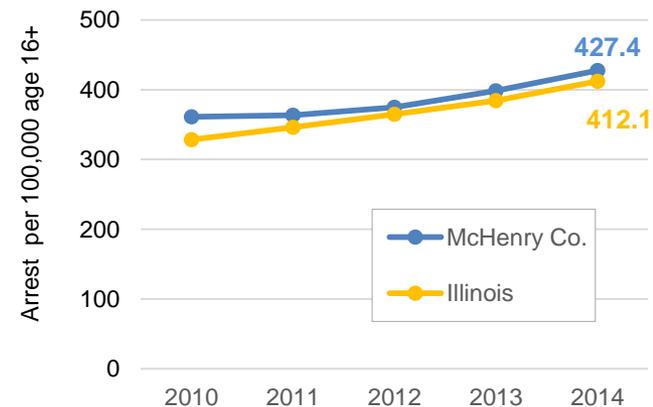


# Alcohol, Drugs and Other Substance Use; Misuse of Prescription Medications/Opioids (con't)

## Community Analysis



- Synthetic estimates of McHenry County adults ages 12+. In past month
  - **28,714** persons (10.1%) used an illicit drug, 9,950 (3.5%) an illicit drug besides marijuana
  - **67,946** persons (23.9%) used tobacco products
  - **146,979** (51.7%) consumed alcohol, **70,789** (24.9%) binge drinking, **18,479** (6.5%) heavy alcohol users
- DUI arrest rates up and above state



# Alcohol, Drugs and Other Substance Use; Misuse of Prescription Medications/Opioids (con't)

## Survey

- **2.8%** diagnosed with alcohol or substance abuse sometime during lifetime
- **8** households experienced a drug overdose among household members

## Focus Groups

- Target populations, say that a major challenge to a healthy McHenry County is the misuse of opioids and the growing prevalence of heroin use
- Community leaders rankings of severity of health problem

Health Condition	Percent Responses <sup>1</sup>			Mean <sup>2</sup>	
	Minor	Moderate	Major	Score	Rank
Prescription misuse	0.0%	31.8%	68.2%	3.68	1
Drug abuse	0.0%	36.4%	63.6%	3.64	2
Alcohol abuse	4.8%	47.6%	47.6%	3.43	4
Tobacco abuse	22.7%	59.1%	18.2%	2.95	9

<sup>1</sup>Excludes no answer replies from denominator.

<sup>2</sup>From 1=not a problem to 4=major problem. Rank from most serious to least.

# Depression, Anxiety and Panic Disorders

## *Community Analysis*

- **13.7%** of McHenry Co. 18+ experienced 8+ days of poor mental health in past month (BRFS)
- More local adults experienced extended poor mental health than poor physical health (11.8%), 2014
- 118 local residents hospitalized for depressive neuroses (2016), 2nd highest diagnosis ages 5-17
- Psychoses (includes bipolar disorder and major depression) is #1 non-birth hospitalization reason, all ages, 5-17, 18-44

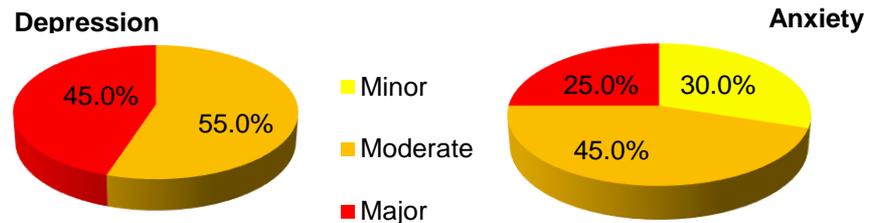
## *Survey*

Among 2016 survey respondents and household members,

- 13.0% diagnosed with depression, more than 2014 at 11.9%
- 11.% diagnosed with anxiety / panic disorders, more than 2014 at 9.6%
- 2.4% report PTSD

## *Focus Groups*

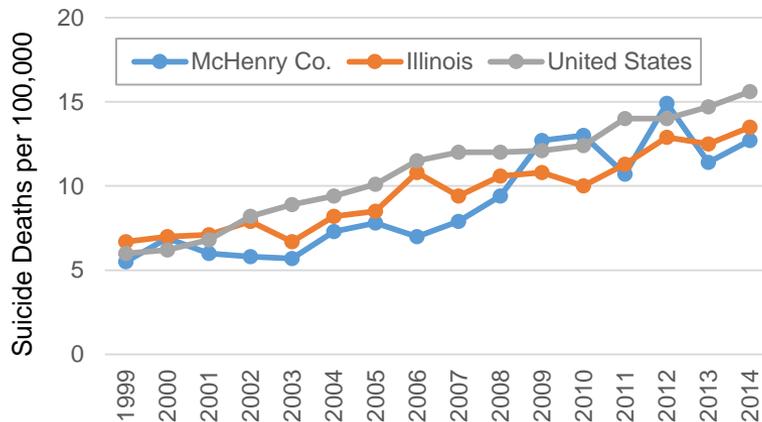
- Community leaders rank depression third highest among 14 conditions as health problem in county, anxiety tenth highest.
- Community Leaders' Perception of as Local Health Problem



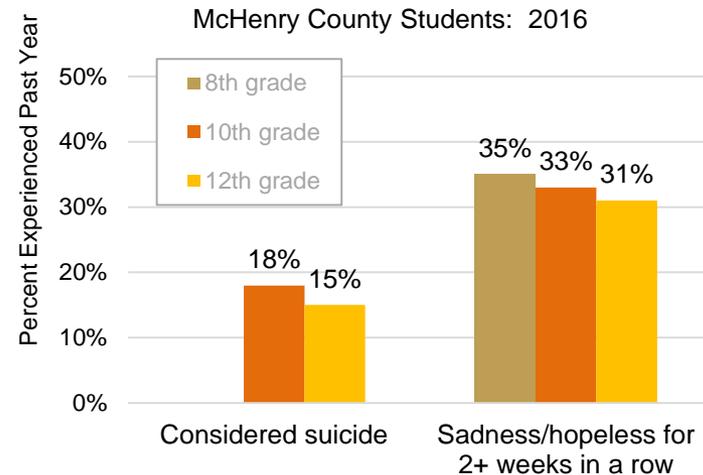
# Suicide

## Community Analysis

- 30 or more suicides per year since 2009, rising over decade



- County's suicides most numerous in 45-54 year old age group; rate among 55-64 year olds exceeds state and nation



## Survey

Among 2016 survey respondents and household members,

- 94 (8.6%) thought about suicide during past year
- 12 attempted suicide (1.1%)
- 3 suicide deaths occurred

Community

# Lack of Awareness of Existing Services

## *Survey*

- **37.6%** had heard of 2-1-1 health and human services information and referral line
- Lowest awareness among
  - ages 65+
  - education below four-year college degree
  - residents of southeast McHenry County, rural west region

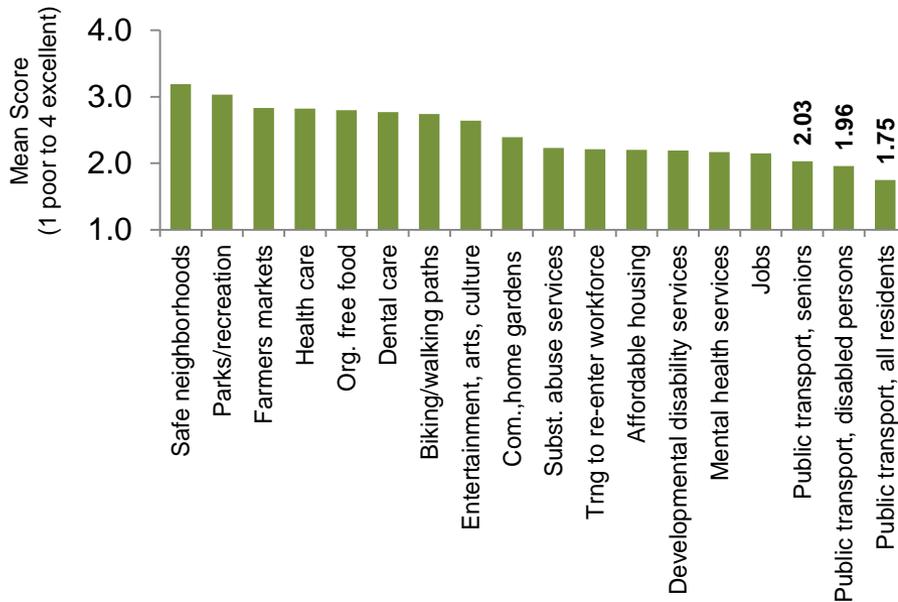
## *Focus Groups*

- Inadequate awareness and communication about available services is
  - barrier to obtaining local health and human services
  - challenge to living a healthy lifestyle
- Mentioned specifically by persons with mental illness/substance abuse/disabilities

# Public Transportation

## Survey

Availability rated lowest among 18 community features



## Focus Groups

- An unfavorable aspect of living in McHenry County
- Most frequently named barrier to service utilization, esp. to health care and treatment centers
- Most hard hit are Hispanic population, seniors, low-income families, veterans

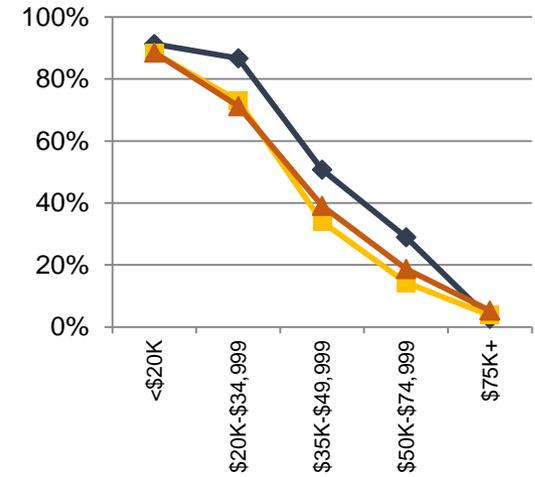
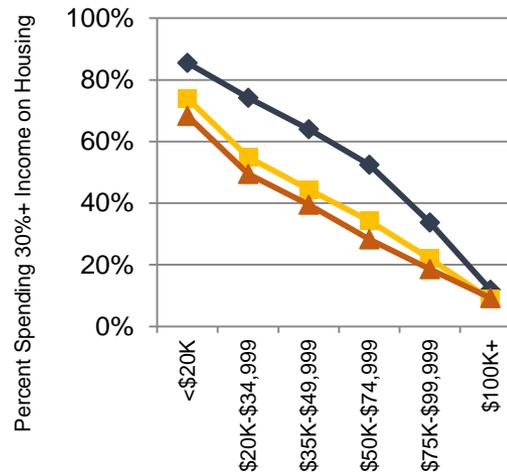
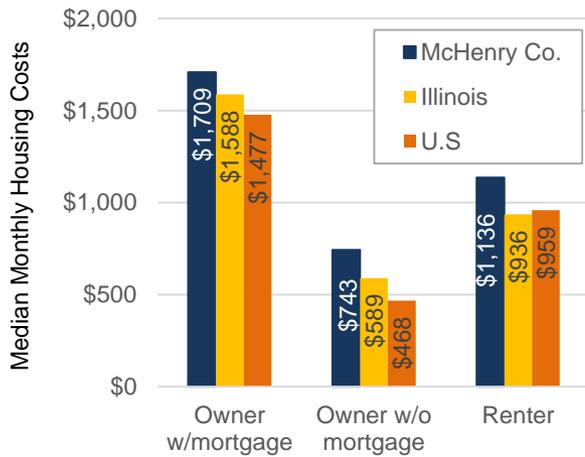
Likewise rated most difficult among 11 features based on accessibility

Cited by 10%+ of persons unable to get care (all types)

# Affordable Housing

## Community Analysis

McHenry County households spend more on housing including % who spend 30%+ at every income level



Owner Household Income

Renter Household Income

## Survey

- 59.3% give fair or poor ratings to affordable housing

## Focus Groups

- Cited as a challenge to healthy lifestyle in McHenry County